

# Atlantic Centre of Excellence



## Physical Education Policy 2018

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## Contents

### 1. Aims

### Version Control

Version	Date	Actions	By Whom?
1.0	2009	New policy	MN
1.1	2014	Revised	CB
1.2	2018	Revised	CB

This document is a statement of the aims, principles and strategies for the teaching and learning of Physical Education (PE) at Charlestown Primary School.

### Rationale and Introduction

PE has a unique place in the National Curriculum (NC), as it is the only subject which essentially focuses on the body and physical experience. It is also essential to the development of the whole child, in terms of their academic, social, emotional, cultural, spiritual, creative and of course physical development.

At Charlestown Primary School, we believe that PE, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional health. The PE curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupils' needs and abilities. The scheme of work is based on progressive learning objectives, which combined with varied and flexible teaching styles, endeavor to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. The scheme aims to promote an understanding of the benefits of exercise and encourage the learning of new skills across a range of relevant activities, which the children can then adapt to different situations and contexts.

At Charlestown Primary School, we are committed to working with other schools and the Mid-Cornwall Sports Network (MCSN). As a result, we encourage our children to take their skills into the community, for example by joining other clubs and we welcome the expertise of members of the community (such as experienced coaches) into school.

## **Aims**

PE at Charlestown Primary School should present children with the opportunity to:

- Foster an enjoyment of physical activity and develop an understanding of the importance of regular physical activity in maintaining a healthy lifestyle.
- Promote physical development – ABC (Agility, Balance & Coordination).
- Gain access to many areas of physical activity through a broad and balanced curriculum.
- Develop the necessary physical skills and competencies in a range of appropriate activities.
- Develop the capacity to persevere towards targets in order to achieve success.
- Develop and foster self-confidence and self-esteem.
- Develop personal and social qualities, appreciating the concepts of fair play, good sportsmanship, respect for rules, team-members and opponents, and understand the capabilities of self and others.
- Develop the capacity to evaluate and appreciate the performance of self and others, and comment appropriately.
- Develop problem solving skills.
- Learn how to handle apparatus and equipment safely, while understanding the need for this.
- Make cross-curricular links within the PE curriculum, and with PE and other NC subjects.

## **Planning**

The holistic 'Real PE' provides most of the PE curriculum for KS1 PE lessons, along with a 'Real Gym' gymnastics unit plus a dance and an athletics unit from the new Arena scheme of work. Additional short activity PE provision is delivered with 'Go Noodle' dance and the 'Daily Mile'. For KS2, the 'Arena' scheme of work will teach traditional sports for the 2 hours or more of active curriculum PE for each pupil. These sports are: athletics, swimming, football, striking and fielding (cricket and rounders), gymnastics, high five (netball), hockey, tennis, tag rugby and dance. At the end of units, house team competitions are run to encourage competition for all.

Each term the school also runs a sporting day, such as Sports Days, a Community Club Link Day, charity fun day (e.g. Sport Relief) and specific sport development days (e.g. Badminton Day).

## **Cross Curricular Links and opportunities**

PE offers opportunities for pupils to further develop their learning in other subject areas when appropriate, including the opportunity for speaking and listening (literacy), use of audio / visual resources (ICT), work about graphs and charts (maths) and even the possibility to perform dance sequences linked to work in other subjects (topic and music).

## **Extra-curricular**

It has always been a tradition at Charlestown Primary School to offer extra-curricular activities to pupils. Both lunchtime and after school clubs are run by teachers and TAs in their own time, sometimes supported by keen parents, as well as utilizing specialist sports coaches and community club coaches. They are an enjoyable and useful way of extending opportunity to those children who have enthusiasm for a sport. These clubs also help develop teams to represent the school in competitions, tournaments and friendly fixtures.

## **Health and Safety**

Safety of children in lessons is of paramount importance. Risk assessments are carried out by the PE coordinator, health and safety coordinator and PE TA, when required. Regular checks of the PE and sport equipment is made by the PE coordinator alongside health and safety personnel.

Staff have CPD training in Physical Education delivery annually, with courses made available in specific areas run by MCSN (Mid Cornwall Sports Network).

Staff need to ensure that they have read the risk assessments saved in staffshared for PE (including sports delivery, facilities / equipment and competitions).

## **PE Kit**

In most PE lessons, children are encouraged to change into a kit, which is suitable for the activity and is different from the school uniform. However, in Year R (foundation stage), children do not need to change into PE kits unless this is completely necessary.

Children changing for PE need to wear appropriate PE kit, which includes black shorts (or tracksuit bottoms if it is cold), white polo or t-shirts (or a tracksuit top if it is cold), a pair of socks or tights, and appropriate footwear (trainers, astros or plimsolls). For swimming, children are required to wear a costume (girls) or swimming trunks but not board shorts (boys). No jewellery (rings, bracelets, necklaces, earrings) or watches should be worn. These will need to be removed and kept in a safe place until after the lesson. If clothing is appropriate or not, is down to the discretion of the teachers.

If a child continually forgets to bring appropriate PE kit and therefore cannot take part in PE, a neutral class dojo (0 points) is allocated to inform parents. Spare trainers are available in school.

Teachers are also expected to change for PE into suitable footwear and clothing (optional) as a model to the children. It is important that teachers' footwear enables them to move quickly without slipping.

## **Inclusion and Special Educational Needs (SEN)**

At Charlestown Primary School, PE is taught to all children, regardless of their ability or needs. We prefer to view children with special educational needs by considering what they can do, as opposed to what they cannot do. Therefore, if a programme needs to be adapted for individual or groups of children, the teacher in charge will do so, sometimes in consultation with either the PE coordinator or SENCo. We strive hard to meet the needs of these pupils so that they too can experience a broad and balanced PE curriculum as well as opportunities to take part in extra-curricular sports clubs and competitions.

## **Assessment, monitoring, recording and reporting**

Charlestown Primary School believes that assessment is an integral part of the process of teaching and learning. Through the 'Real PE' scheme of work in KS1 and 'Arena' scheme in KS2, assessments are made to inform planning and grade abilities across a range of physical and thinking objectives, which then link to the national curriculum level descriptions. Here not only the physical aspects of PE (agility, balance, coordination, skill and fitness) will be assessed, but also the cognitive, creative, social and healthy skills as well. For the traditional sports (Arena) a gold, silver and bronze assessment is made to make these links. These end of objective and unit assessments record the progress that children have made and the national curriculum levels for each year group.

## **Continued Professional Development (CPD) - Staff training**

All teachers in KS1 receive training in the delivery of the 'Real PE' scheme of work. Other sport specific training is available through the MCSN to upskill teachers and TAs. The PE coordinator also delivers an annual PE staff meeting and is available to support staff with their PE CPD needs, to ensure that standards of delivery within the units remain high. Coaches and members of the community are also encouraged to offer their expertise in clubs and open days. By working alongside these coaches, teachers are able to learn from their expertise.